

WEEK 1

Ruby (Coordinator): Mon 8:00 AM SGT

"Welcome, Rohan. This 8-month journey is about optimizing your cardiovascular risk while supporting your lifestyle. You'll interact with the team in real time—Sarah, thanks for joining as well."

Sarah (PA): Mon 8:05 AM SGT

"Happy to support. I'll filter messages and keep Rohan focused on actionables."

Rohan: Mon 8:10 AM SGT

"Good. Because if this turns into endless reminders, I'm out. I run sales, not a wellness spa."

Dr. Warren (Medical): Mon 9:00 AM SGT

"Understood. Quick baseline review: ApoB = 138 mg/dL, triglycerides = 192, HRV = 34 ms (low), VO₂ max = 39 (below average for age). You're at moderate-to-high lifetime risk."

Rohan: Mon 9:15 AM SGT

"...so basically I'm a ticking time bomb? Great start."

Neel (Concierge Lead): Mon 9:20 AM SGT

"Not a bomb—an opportunity. We'll bring ApoB < 90 in 24 weeks, triglycerides < 150, and VO₂ max > 45. Clear numbers, clear path."

Rohan: Mon 9:25 AM SGT

"Alright, targets I can work with. Just don't drown me in theory."

WEEK 2 – First Nutrition Adjustments

Carla (Nutrition): Mon 8:00 AM SGT

"Focus this week: reduce saturated fat (cheese, butter, red meat). Replace with olive oil, fatty fish, avocado. Omega-3 supplement: 2g/day."

Sarah (PA): Mon 8:10 AM SGT

"I'll adjust his meal service orders accordingly and brief his chef."

Rohan: Mon 8:15 AM SGT

"Sarah, make sure this doesn't mean boring food. If I'm eating bland chicken every day, I'll rebel."

Carla (Nutrition): Mon 8:20 AM SGT

"Fair. That's why I've included spiced salmon, Mediterranean bowls, and roasted vegetables—flavor matters for adherence."

Rohan: Mon 8:25 AM SGT

"Okay, that's acceptable. Just don't lecture me if I have one steak dinner with a client."

Carla: Mon 8:30 AM SGT

"No lectures. Just balance. Steak dinner = extra omega-3 the next day."

Rohan: Mon 8:35 AM SGT

"...that I can live with."

WEEK 3 – First Training & Irritation

Rachel (PT): Tue 7:00 AM SGT

“Baseline mobility: hip imbalance from old golf injury. Starting with goblet squats, plank holds, and mobility drills. Zone 2 cardio = 3×/week, 40 mins.”

Rohan: Tue 7:15 AM SGT

“Planks and light squats? Feels like kindergarten. I don’t have time for baby workouts.”

Rachel (PT): Tue 7:20 AM SGT

“These are diagnostic, not permanent. Your core stability is poor—pushing too hard now risks injury. In 3 weeks, we’ll progress to loaded barbell work.”

Rohan: Tue 7:25 AM SGT

“...fine. Just prove this isn’t a waste of time.”

Advik (Performance Scientist): Tue 7:30 AM SGT

“And early HRV data proves Rachel’s right: after light Zone 2, your HRV jumped from 34 → 42. That’s your body confirming the approach.”

Rohan: Tue 7:35 AM SGT

“Alright, numbers don’t lie. Keep showing me this kind of feedback.”

Sarah (PA): Tue 7:36 AM SGT

“Noted—always connect action → measurable change.”

WEEK 4 – First Signs of Buy-In

Neel (Concierge Lead): Mon 9:00 AM SGT

“Weekly digest: ApoB 136 (slight drop), triglycerides 182 (improving), HRV baseline 40 (better), compliance: 88%.”

Rohan: Mon 9:10 AM SGT

“Okay, so tiny shifts already. Not bad for 3 weeks.”

Ruby (Coordinator): Mon 9:15 AM SGT

“Yes—and remember, these early gains are proof of responsiveness. Bigger moves come by Week 8–12.”

Rohan: Mon 9:20 AM SGT

“Fine. I’ll keep at it. But streamline the messages—I don’t need six pings a day.”

Sarah (PA): Mon 9:25 AM SGT

“Understood. I’ll request one consolidated update daily, plus the weekly digest.”

Rohan: Mon 9:30 AM SGT

“Perfect. Keep me efficient, keep me sharp.”

Rachel (PT): Tue 7:00 PM SGT

“Also, quick note—mobility improving. Next week we’ll add resistance training.”

Rohan: Tue 7:05 PM SGT

“Good. Starting to feel like real training. Keep it coming.”

WEEK 5 – Realistic Routines, Irritation & Negotiation

Rachel (PT): Tue 9:00 AM SGT

“Rohan, I’ve finalized your Zone 2 protocol: three 45-minute sessions per week at HR 128–136 bpm. That target comes directly from your VO₂ max test. The science is clear: regular Zone 2 boosts mitochondrial density, which improves how you metabolize lipids like ApoB.”

Rohan: Tue 6:15 PM SGT

“Rachel, three times a week is not realistic. My calendar is packed—I barely get to breathe between board calls and red-eye flights. You’re designing a program for a robot, not a human. I can promise two sessions, and even that is pushing it. If I try to force a third, I’ll just end up resenting the plan.”

Rachel (PT): Tue 6:20 PM SGT

“Fair point. I hear the frustration. Let’s compromise: we’ll lock in two Zone 2 sessions, non-negotiable. For the third, I’ll replace it with a short mobility day—20 minutes, no sweat, something you can squeeze in at a hotel room. For ApoB improvements, consistency matters more than perfection.”

Rohan: Tue 6:25 PM SGT

“Fine, that feels human. But please stop sending me goals I can’t realistically hit. If I fall short, I feel like I’ve failed. I need wins, not guilt trips.”

Rachel (PT): Tue 6:27 PM SGT

“Got it. Feedback taken. From now on, all recommendations will be tiered: *Baseline* (minimum), *Optimal* (stretch goal). You’ll never feel like you’ve ‘failed’ again.”

Rohan: Thu 10:00 AM SGT

“Side note: I’ve seen people on statins taking CoQ10 supplements. Should I start that now, just in case?”

Dr. Warren (Medical): Thu 10:15 AM SGT

“Not yet. No medication or supplements until lifestyle interventions have had a proper 12-week window. If we prescribe statins in the future, then CoQ10 (Ubiquinol form) will be added. No unnecessary pills.”

Rohan: Thu 10:17 AM SGT

“Alright, but I’d appreciate you explaining *why* immediately, not after I push. I don’t want to feel like I’m pulling information out of you.”

Ruby (Concierge): Thu 10:20 AM SGT

“Noted, Rohan. From now on, we’ll include the *why* up front, so you never have to dig for it.”

WEEK 6 – Setbacks, Irritation & Emotional Support

Neel (Concierge Lead): Mon 9:00 AM SGT

“Rohan, ApoB at 138 is tough news. But your data-driven mindset is actually our advantage here. We’ll use weekly dashboards, compliance scores, and even genotype overlays to keep you in control.”

Rohan: Mon 4:15 PM SGT

“Control? Neel, last week was a disaster. London trip ruined me—only one workout, food was off, I slept like garbage. And now I look at these graphs and just feel like I’m behind schedule. Honestly, it’s demoralizing.”

Ruby (Concierge): Mon 4:20 PM SGT

“Not demoralizing, just data. You still tracked your meals and logged stress—that’s a win. Remember, even imperfect weeks give us insights. And next time, we’ll preload your hotel with resistance bands and Carla-approved snacks so you don’t get derailed so easily.”

Rohan: Mon 4:26 PM SGT

“Okay, fine. But I need the system to adapt to my life, not the other way around. Otherwise, this just feels like a constant failure test.”

Ruby (Concierge): Mon 4:27 PM SGT

“Completely agree. I’ll personally handle the logistics so you feel supported, not tested. And by the way, the London book your daughter wanted—it’s already on its way. Health includes peace of mind at home too.”

Rohan: Mon 4:28 PM SGT

“...thank you. Small things like that actually make me feel like you’re paying attention, not just running lab reports.”

WEEK 7 – Creative Nutrition & Family Integration

Carla (Nutrition): Mon 10:05 AM SGT

“Rohan, we’re swapping your breakfast to smoothies with oat beta-glucan. Mechanism: binds bile acids in your gut, forcing your body to pull ApoB particles from the bloodstream. Think of it as scrubbing your arteries every morning.”

Rohan: Mon 5:20 PM SGT

“Got it. My cook has the recipes, and they’re tolerable. Question though—what about cinnamon? I read it helps with blood sugar. Can I add that?”

Carla (Nutrition): Mon 5:25 PM SGT

“Yes—Ceylon cinnamon only. Meta-analyses show up to a 12% reduction in ApoB. One teaspoon daily is safe. I’ll add it officially into your plan.”

Rohan: Mon 5:27 PM SGT

“See, that’s what I like—specifics, mechanisms, not vague ‘healthy choices’. Keep that level of detail coming.”

Ruby (Concierge): Tue 9:00 AM SGT

“By the way, your son’s coach emailed me—he’s been limping at practice. Want Rachel to take a look?”

Rachel (PT): Tue 9:05 AM SGT

“Reviewed the video. Just overuse. I’ll record a quick 3-min ankle mobility video for him tonight. And don’t worry, no clinic visit needed.”

Rohan: Tue 9:06 AM SGT

"Appreciate it. Honestly, you helping my family like this makes me less irritated when I feel like my own plan is overwhelming."

WEEK 8 – Pushing Back on Overprotection

Ruby (Concierge): Wed 9:00 AM SGT

"Mid-week check-in: Vitamin D and Omega-3—✓. Smoothies—✓. Two Zone 2 workouts—✓. Also, Carla's coordinating sodium limits with your cook."

Rohan: Wed 3:00 PM SGT

"Question—can I deadlift yet? Or am I still in 'fragile patient' mode?"

Rachel (PT): Wed 3:15 PM SGT

"Not yet. Goblet squats are your friend for now. They protect your spine but still hit core and glutes. Once mobility improves, we'll progress back."

Rohan: Wed 3:16 PM SGT

"Goblet squats feel like kindergarten. I want something that feels like real training, not rehab."

Rachel (PT): Wed 3:20 PM SGT

"I get it—you want intensity. But right now, protecting your back is non-negotiable. Tell you what: I'll set up a quick form-check video call tomorrow. Once I see your movement in real-time, we can accelerate safely."

Rohan: Wed 3:22 PM SGT

"Alright. Just don't baby me. If I wanted gentle, I'd hire a yoga instructor."

Rachel (PT): Wed 3:23 PM SGT

"Noted. No babying—just science and spine safety."

WEEK 9 – Data vs. Frustration

Advik (Performance Scientist): Mon 9:30 AM SGT

"Good news: HRV has improved 22% on post-flight days since adding Rachel's mobility work. That means your nervous system is adapting."

Rohan: Mon 5:00 PM SGT

"Finally, a number moving in the right direction. But can someone explain why my treadmill HR jumps from 110 to 170 in 30 seconds? Makes me want to throw the device across the room."

Advik: Tue 9:00 AM SGT

"Classic hotel treadmill issue. Fix: use a dual system—Rate of Perceived Exertion (4/10 effort) + cadence of ~170 steps/min. Together, they're reliable proxies for Zone 2, independent of faulty sensors."

Rohan: Tue 9:02 AM SGT

"Okay, practical. But please—next time, anticipate these issues before I hit the wall. I don't want to be the one constantly discovering the gaps."

Advik: Tue 9:05 AM SGT

“Fair. I’ll build an anticipatory checklist for travel workouts. No more reactive firefighting.”

Rohan: Thu 11:00 AM SGT

“One more: red wine. People keep telling me the polyphenols cancel out the risks. Can I keep my glass at dinners?”

Dr. Warren (Medical): Thu 11:15 AM SGT

“Not for you. With ApoE4 + high ApoB, alcohol worsens triglycerides. Any benefit is outweighed. If you want polyphenols, we’ll use resveratrol supplements instead.”

Rohan: Thu 11:16 AM SGT

“Understood. But I hate feeling like I’m constantly losing pleasures. Please balance science with some quality of life.”

Dr. Warren: Thu 11:20 AM SGT

“Fair ask. Let’s agree: red wine only for celebratory occasions, not routine. That way it’s a treat, not a risk multiplier.”

WEEK 10 – Validation & Emotional Payoff

Ruby (Concierge): Mon 10:35 AM SGT

“Progress check: ApoB protocol adherence—88%. VAT baseline—1.6L. Team logged 15 hours this month. But here’s what I’m most proud of—you haven’t missed a family dinner in two weeks. That’s as important as any biomarker.”

Rohan: Mon 10:37 AM SGT

“...that actually matters. I feel like I’ve been chasing numbers for weeks, but my daughter notices I’m at the table. That’s progress you can’t quantify.”

Dr. Warren: Thu 3:00 PM SGT

“Bloodwork scheduled. Prep protocol: 72 hrs no alcohol, 12 hr fast, 48 hrs no intense exercise. This ensures ApoB results are stable, free from short-term distortions.”

Rohan: Fri 11:05 AM SGT

“Appreciate the precision. Between the data and the logistics, I feel like I’ve gained 20% efficiency in managing my health. But feedback—sometimes the empathy lags. Science is great, but when I’m exhausted and irritable, I need reassurance too, not just another protocol.”

Neel (Concierge Lead): Fri 11:10 AM SGT

“Understood, Rohan. We’ll dial up the human side. Efficiency and empathy should always go hand in hand. Thank you for holding us accountable.”

Rohan: Fri 11:12 AM SGT

“Good. Because if I only wanted data, I’d hire an AI. I’m here because I expect both—science and humanity.”

WEEK 11 – Results & Renewed Motivation

Dr. Warren (Medical): Mon 9:00 AM SGT

“Rohan, ApoB dropped from 138 → 92 mg/dL. That’s a 33% reduction—an excellent result. However,

triglycerides are still at 180 mg/dL, which remains a concern for your ApoE4 profile. Next step: increase omega-3 from 2g → 3g daily.”

Rohan: Mon 10:15 AM SGT

“Now that’s encouraging. I needed to see real movement. But one thing—why are triglycerides such a big deal for me, when everyone else seems laser-focused on ApoB?”

Dr. Warren: Mon 10:20 AM SGT

“Good question. In ApoE4 carriers, triglyceride-rich particles linger longer, causing vascular damage. So while ApoB is the big picture, triglycerides are a special weak spot for you.”

Rohan: Mon 10:22 AM SGT

“Okay, that makes sense. Thanks for clarifying without me having to pull teeth this time. Keep that upfront.”

Neel (Concierge Lead): Mon 10:25 AM SGT

“Noted. From here on, we’ll always include ‘Result + Why it matters for you’ in the updates.”

Rohan: Mon 10:27 AM SGT

“Perfect. That way I can focus on progress instead of second-guessing.”

WEEK 12 – Travel Disruption but Calm Recovery

Rohan: Wed 2:00 AM SGT

“Flight’s been delayed 12 hours. I know this will wreck my jet lag protocol. What’s the backup?”

Advik (Performance Scientist): Wed 2:10 AM SGT

“New ‘Airport Rescue Plan’: walk every hour, use breathing cycles, and max phone brightness for light exposure. Keeps your circadian rhythm somewhat aligned.”

Rohan: Wed 10:00 AM SGT

“Honestly, that worked better than I expected. Resting HR dropped, and I don’t feel as fried as usual. Feedback—could you preload these kinds of hacks into my app? I’d rather not always ask in crisis.”

Rachel (PT): Wed 10:15 AM SGT

“Good call. We’ve added a permanent ‘Travel Emergency Protocol’ section. Any disruption, you’ll have tools ready.”

Rohan: Wed 10:20 AM SGT

“Nice. That’s the kind of foresight I appreciate. Makes me feel supported instead of stranded.”

WEEK 13 – Blood Pressure Watch & Discomfort

Rohan: Tue 9:00 AM SGT

“My BP is all over the place—115/70 some mornings, 145/90 after stressful days. Should I be on meds like my colleague?”

Dr. Warren (Medical): Tue 9:15 AM SGT

“Not yet. The spikes correlate with sodium and stress days. Your baseline is still healthy, and meds now would just mask lifestyle signals. Instead, I’m prescribing continuous BP monitoring for two weeks.”

Rohan: Tue 9:20 AM SGT

“Alright... but these watches heat up on my wrist after a while. Makes me uncomfortable, almost itchy. Is that normal, or am I wearing it wrong?”

Rachel (Physiotherapist): Tue 9:22 AM SGT

“It’s common if the strap is too tight or you’re wearing it all day without breaks. Try loosening it a notch, and swap wrists every few hours. That usually fixes the heating sensation.”

Sarah (PA): Tue 9:25 AM SGT

“I’ll add a reminder for him to swap wrists mid-day so he doesn’t forget during back-to-back calls.”

Rohan: Tue 9:26 AM SGT

“Good. Last thing I need is a rash on top of stress readings.”

Carla (Nutrition): Tue 9:30 AM SGT

“To give you more control, I’ve added a Sodium Scanner to your app. Snap your meal, get instant sodium estimates. That way you can make on-the-spot adjustments.”

Rohan: Tue 9:35 AM SGT

“Now that’s useful. Practical tools calm me down way more than just being told to ‘wait and see.’”

WEEK 14 – Tech Frustration but Trust in Adjustments

Rohan: Thu 11:00 AM SGT

“My Whoop says recovery is 85%, but I feel exhausted. What gives?”

Advik (Performance Scientist): Thu 11:20 AM SGT

“Cross-checked: HRV is lower than Whoop weighted, and your cortisol is elevated. Basically, the algorithm overestimated recovery. You were right—subjective fatigue matters.”

Rohan: Thu 11:25 AM SGT

“Okay, glad it’s not just in my head. Honestly, that’s reassuring.”

Advik: Thu 11:30 AM SGT

“We’ve added a ‘Subjective Energy Slider’ to your daily log. If your perception and data diverge, the system flags it for review.”

Neel (Concierge Lead): Thu 11:35 AM SGT

“This is a good reminder, Rohan—you don’t just follow the data, you challenge it. That’s making our system sharper.”

Rohan: Thu 11:37 AM SGT

“Fair enough. I’ll take the extra sleep days. Feels like you’ve actually got my back.”

WEEK 15 – Biomechanics & Progress

Rohan: Mon 3:00 PM SGT

“Rachel—the goblet squats pinch my hip. I’ve tried your form video, still uncomfortable.”

Rachel (PT): Mon 3:15 PM SGT

"Send me a video. ...Okay, I see it: hip hinge imbalance from your old golf injury. We'll switch you to Landmine Presses and Hip Capsule drills. Safer, same benefits, pain-free."

Rohan: Mon 3:25 PM SGT

"Much better. Landmines feel solid. That's the kind of quick pivot I like. Feels personalized."

Rachel (PT): Mon 3:30 PM SGT

"I've logged this into your 'Injury Profile'—any future protocols will automatically factor it in. No more painful trial and error."

Rohan: Mon 3:35 PM SGT

"Great. Honestly, when the system adapts like this, I feel like you're actually listening instead of just running a script."

WEEK 16 (cont.) – Family Dashboard & First PA Involvement

Ruby (Concierge): Thu 9:00 AM SGT

"Rohan, the Family Health Dashboard is now live. It puts your ApoB trends side by side with your wife's pregnancy milestones, so you can see both journeys together."

Rohan: Thu 9:05 AM SGT

"...oh, that actually feels different. Finally, it's not just me battling numbers—it's something our whole family is tied into. Makes it feel less isolated."

Sarah (PA): Thu 9:06 AM SGT

"Noted. I'll also block a weekly 15-minute slot for you to review the dashboard before your Monday board prep. That way it doesn't sneak up on you."

Rohan: Thu 9:08 AM SGT

"Good thinking. If it's on my calendar, I'll take it seriously. Otherwise, I'll just... push it aside like another notification."

Sarah (PA): Thu 9:09 AM SGT

"Exactly why I'm slipping it in before exec calls—you're already in 'review mode' then. It won't feel like an extra task."

Rohan: Thu 9:10 AM SGT

"Perfect. That way health doesn't stay this side project floating around—I want it to feel part of my agenda, like sales forecasts or client updates."

Ruby (Concierge): Thu 9:12 AM SGT

"And the dashboard is built for exactly that—quick, high-level view, just like an executive summary. No jargon, just trends and risks."

Rohan: Thu 9:14 AM SGT

"Good. Because if I start scrolling and see a wall of numbers, I'm out. I need the health equivalent of a sales funnel chart."

Sarah (PA): Thu 9:15 AM SGT

"Already checked—it's visual. Charts, color codes, simple. You'll skim it in two minutes."

Rohan: Thu 9:16 AM SGT

"Then we're talking. If it's fast and visual, I'll actually look at it. If it's another 20-slide deck, forget it."

Ruby (Concierge): Thu 9:18 AM SGT

"No 20-slide decks, I promise. Just enough to keep you anchored—and for Sarah to brief you quickly if you miss a check."

Rohan: Thu 9:20 AM SGT

"Alright then, let's give it a run. If this feels like part of my normal workflow, I'll stick with it."

WEEK 17 – Work Pressure Meets Health Pressure

Neel (Concierge Lead): Mon 8:00 AM SGT

"Rohan, compliance this week: 92%. Triglycerides are trending down nicely after the omega-3 increase. How's the workload looking on your side?"

Rohan: Mon 9:00 AM SGT

"Insane. Quarter-end push. Feels like every client in Asia wants something yesterday. Honestly, health is starting to feel like another job. Sarah's been fielding half your reminders—truth is, I barely glance at them most days."

Sarah (PA): Mon 9:05 AM SGT

"True. He's juggling 14 client calls this week. Some days I feel like I need two laptops just to keep up with both work and the health updates. Could we consolidate into one 'executive summary' email instead of multiple pings?"

Ruby (Concierge): Mon 9:10 AM SGT

"Absolutely, that makes sense. From now on, one weekly digest: top 3 wins, top 3 risks, and the most urgent action for the week. Sarah, I'll send it every Sunday evening so you can brief him Monday morning before the madness starts."

Rohan: Mon 9:15 AM SGT

"Better. That way I get the signal, not the noise. Otherwise, every ping just feels like another fire to put out."

Sarah (PA): Mon 9:16 AM SGT

"And I'll translate the digest into calendar blocks or quick notes for him. If he sees it framed in work language, he processes it faster."

Rohan: Mon 9:18 AM SGT

"Exactly. If it's in my calendar, I treat it seriously. Random messages? I just swipe them away between calls."

Neel (Concierge Lead): Mon 9:20 AM SGT

"Got it—so calendar for actions, Sunday digest for overview. We'll respect your bandwidth."

Ruby (Concierge): Mon 9:22 AM SGT

"And if there's an emergency—say triglycerides spike—we'll flag it as 'critical' so Sarah knows it can't wait."

Sarah (PA): Mon 9:24 AM SGT

"That's fair. He can live with the occasional red alert, just not a steady stream."

Rohan: Mon 9:25 AM SGT

"Right. I don't mind being warned if it's serious—but I can't be spammed for minor tweaks. My inbox already looks like a war zone."

Neel (Concierge Lead): Mon 9:28 AM SGT

"Understood. Think of us as the noise filter, not noise creators."

Rohan: Mon 9:30 AM SGT

"Good. Because if health starts competing with sales calls, I know which one loses. Let's make this fit into my life, not pile on top of it."

WEEK 18 – Delegating Logistics, Keeping Control

Carla (Nutrition): Tue 10:00 AM SGT

"Rohan, sodium intake spiked Friday—your meal log shows restaurant sushi. That's likely why BP jumped Saturday."

Sarah (PA): Tue 10:05 AM SGT

"Yes, that was the Tokyo client dinner. I tried to flag sodium-heavy dishes but got overruled by the table."

Rohan: Tue 10:10 AM SGT

"Yeah, can't negotiate soy sauce when \$20M is on the line. But at least if Sarah knows the fallback rules, she can steer me."

Carla (Nutrition): Tue 10:15 AM SGT

"Good idea. Sarah, I'll prepare a 'client dinner cheat sheet'—safe menu items for common cuisines. Quick scans, no calculators."

Sarah (PA): Tue 10:20 AM SGT

"Perfect. I'll keep it on hand and prompt Rohan quietly at dinners."

Rohan: Tue 10:25 AM SGT

"See? That's how we win—make health invisible but integrated."

(Added Event – Kids reset the drive)

Rohan: Sat 2:00 PM SGT

"My kids just reset the drive linked to my health dashboard—looks like everything vanished. Can you restore it?"

Ruby (Concierge): Sat 2:02 PM SGT

"Don't worry, Rohan. We keep daily backups. I've already escalated this to IT—they'll restore your full dataset."

Neel (Concierge Lead): Sat 2:05 PM SGT

"Understand the panic, Rohan. Rest assured, nothing is lost—we'll have your dashboard restored by tonight. Your historical data remains intact."

Rohan: Sat 2:07 PM SGT

"Good. The last thing I need is to lose months of progress tracking. Thanks for jumping on this."

WEEK 19 – Faster Pace of Questions

Rohan: Wed 8:00 AM SGT

“Two things today:

1. Can fasting cardio backfire if I’m under high work stress?
2. Does sauna help ApoB, or is it just for relaxation?”

Advik (Performance Scientist): Wed 8:30 AM SGT

“1. Yes—fasted cardio increases cortisol under stress. Better to do fed workouts during busy sales weeks.

2. Sauna improves endothelial function and HRV. It doesn’t directly lower ApoB, but indirectly supports recovery.”

Rohan: Wed 8:35 AM SGT

“Good. Sarah, slot sauna into my lighter travel days. And please note: only give me cardio fasted when work is calmer.”

Sarah (PA): Wed 8:36 AM SGT

“Done. I’ll align workout types with your calendar stress level.”

Rachel (PT): Thu 7:00 PM SGT

“Also, quick note: your hip mobility has improved 15% since switching to landmines. Progress!”

Rohan: Thu 7:05 AM SGT

“Finally—objective improvement that I can feel too. Thanks for catching that.”

(Added Event – Wife’s Webinar)

Rohan: Fri 11:30 AM SGT

“Quick note—my wife has a webinar at noon today, so I need to step out and help set things up. Sarah will reschedule anything overlapping. Ruby, can you coordinate?”

Ruby (Concierge): Fri 11:32 AM SGT

“Absolutely. We’ll block your calendar around noon and align with Sarah. Family comes first—consider it handled.”

Sarah (PA): Fri 11:35 AM SGT

“Already shifted two internal calls to tomorrow morning. Your schedule is clear, Rohan.”

Rohan: Fri 11:36 AM SGT

“Perfect. Appreciate the quick turnaround.”

WEEK 20 – Building Trust Through Efficiency

Neel (Concierge Lead): Mon 9:00 AM SGT

“Rohan, your efficiency feedback has been heard. From now on:

- Weekly executive summary for Sarah.
- Daily 1-line actionable update for you.”

Sarah (PA): Mon 9:10 AM SGT

"That's perfect. He hates long reports mid-week."

Rohan: Mon 9:15 AM SGT

"Exactly. Give me one lever to pull each day, not 10."

Carla (Nutrition): Tue 11:00 AM SGT

"Today's lever: swap tomorrow's hotel breakfast for the chia-protein bowl. Keeps triglycerides down before your investor lunch."

Sarah (PA): Tue 11:05 AM SGT

"Got it. I'll place the order in advance."

Rohan: Tue 11:07 AM SGT

"Smooth. That's the level of frictionless execution I need."

(Added Event – Wife's Digestive Health)

Rohan: Wed 9:00 AM SGT

"My wife's been having bloating and digestive discomfort after meals. Can you suggest what might help?"

Carla (Nutrition): Wed 9:05 AM SGT

"Sorry to hear this, Rohan. Let's start gently: smaller, frequent meals; avoid spicy or fatty foods; and try ginger tea after meals. I'll prepare a soft meal plan she can trial. If symptoms persist >2 weeks, we'll refer to a gastroenterologist."

Ruby (Concierge): Wed 9:10 AM SGT

"I'll add Carla's plan to your Family Health Dashboard and also line up a gastro specialist in case you want a consult. Please keep us updated on how she's feeling."

Rohan: Wed 9:12 AM SGT

"Thanks. She'll be relieved we're addressing it properly."

WEEK 21 – Blending Work & Health Goals

Rohan: Thu 8:00 AM SGT

"I've been walking during client calls. Can we count those toward Zone 2, or am I just fooling myself?"

Advik (Performance Scientist): Thu 8:15 AM SGT

"Depends—if HR is 128–136 and duration >40 mins, yes. Otherwise, they're NEAT (Non-Exercise Activity Thermogenesis)—still great for lowering triglycerides."

Rohan: Thu 8:20 AM SGT

"Alright, label them as NEAT. Sarah, log them daily so I feel like they count."

Sarah (PA): Thu 8:22 AM SGT

"Noted. I'll tag them separately in your tracker."

Ruby (Concierge): Thu 9:00 AM SGT

"Also, Rohan—your daughter's recital is next week. Shall I buffer your recovery days around that?"

Rohan: Thu 9:05 AM SGT

"Yes, please. I'd rather show up clear-headed than chase metrics that day."

Rohan: Sat 10:00 AM SGT

"Had a fight with my wife. She wanted to go shopping for the baby, and I brushed it off because I was fried. She's upset—and I need to fix it."

Ruby (Concierge): Sat 10:05 AM SGT

"Classic one. Honestly, most women would side with her here. If you want, I could send a couple of my boyfriends to go shopping with her instead." *[teasing tone]*

Sarah (PA): Sat 10:06 AM SGT

"Ruby—don't tease. He's serious about this."

Rohan: Sat 10:07 AM SGT

"Exactly. She's carrying our child. This isn't about shopping—it's about me not showing up. So, real suggestions?"

Ruby (Concierge): Sat 10:10 AM SGT

"Fair point. Here's what works:

1. Quick gesture today—flowers or a small note.
2. Block one afternoon and go shopping with her.
3. Sarah sets a recurring 'Family First' slot so she sees you're planning ahead."

Sarah (PA): Sat 10:12 AM SGT

"I'll schedule tomorrow afternoon, and add that recurring slot."

Rohan: Sat 10:15 AM SGT

"...good. She's been asking for that kind of effort. Let's make sure I follow through."

Neel (Concierge Lead): Mon 9:00 AM SGT

"Rohan, quick snapshot: ApoB stable at 91, triglycerides trending to 165, HRV baseline up 12%. Lifestyle is holding despite quarter-end chaos."

Rohan: Mon 9:10 AM SGT

"That's encouraging. Feels like we're hitting a rhythm now—less firefighting, more flow."

Sarah (PA): Mon 9:12 AM SGT

"True. The weekly digest + daily lever approach has kept him consistent even in back-to-back client meetings."

Rohan: Mon 9:15 AM SGT

"Yeah, credit where due—you've managed to fit health into the cracks of my life without me resenting it."

Dr. Warren (Medical): Mon 9:20 AM SGT

"And that's the goal—science that supports, not suffocates."

Rohan: Mon 9:25 AM SGT

"Exactly. Keep this balance. Efficiency plus empathy—that's what makes me stick with this."

Rohan: Mon 9:40 AM SGT

“But one thing—I saw fasting glucose at 99 in the last report. That’s basically on the threshold, right? A friend of mine had the same numbers a few years ago, ignored it, and ended up with diabetes. Am I walking the same path?”

Dr. Warren (Medical): Mon 9:45 AM SGT

“Good catch. Yes, 99 is the upper edge of normal, but context matters. Your insulin sensitivity markers are still healthy, and HRV improvements suggest stress load is improving too. But you’re right—left unchecked, that kind of drift can increase risk for Type 2 Diabetes.”

Carla (Nutrition): Mon 9:50 AM SGT

“To counteract it, I’ll tweak your evening meals—less refined carbs, more fiber-rich vegetables. That alone will help flatten your glucose curve overnight.”

Sarah (PA): Mon 9:55 AM SGT

“I’ll coordinate with his chef and note a weekly glucose check in the digest so it doesn’t slip through.”

Rohan: Mon 10:00 AM SGT

“Good. That’s the reassurance I needed—I don’t want a silent creep toward disease just because I was too busy closing deals.”

WEEK 23 – Settling Into Routine

Neel (Concierge Lead): Mon 9:00 AM SGT

“Weekly digest: ApoB steady at 90 mg/dL, triglycerides trending down at 160. Compliance score: 94%. Your rhythm is showing.”

Rohan: Mon 9:15 AM SGT

“Feels less like a fight now. Sarah, you’ve managed to block health sessions between client calls without me noticing. Honestly, that’s half the win.”

Sarah (PA): Mon 9:20 AM SGT

“I’ve color-coded health events in your calendar so they blend with work prep—less friction.”

Rohan: Mon 9:25 AM SGT

“Smart. Feels like I’m tricking myself into compliance.”

Rachel (PT): Tue 7:00 PM SGT

“Update: your hip mobility scores improved another 10%. We’ll progress to moderate barbell work, monitored closely.”

Rohan: Tue 7:05 PM SGT

“Finally, some weights again. Thanks for easing me back slowly—it’s paying off.”

WEEK 24 – Refined Questions (Expanded, Rohan ≤ 5 turns)

Rohan: Wed 8:00 AM SGT

“Question of the week: if ApoB is under control, does adding niacin give me an edge, or is that outdated? One of my colleagues swears by it.”

Dr. Warren (Medical): Wed 8:30 AM SGT

“Great question. Niacin was once a standard, but multiple large-scale trials (AIM-HIGH, HPS2-THRIVE) showed no cardiovascular benefit when ApoB is already controlled. In fact, it can raise blood sugar and liver enzymes. For someone like you—optimized ApoB, good triglyceride trends—niacin is unnecessary noise.”

Neel (Concierge Lead): Wed 8:35 AM SGT

“Think of niacin like carrying an extra umbrella when it’s already sunny—it adds bulk, not value.”

Rohan: Wed 8:40 AM SGT

“Got it. Thanks for cutting through the noise—I don’t need another supplement cluttering my desk.”

Ruby (Concierge): Wed 8:45 AM SGT

“And one less bottle means Sarah doesn’t have to nag you about refills. Minimalism is your friend here.”

Sarah (PA): Thu 9:00 AM SGT

“On logistics—investor dinner tomorrow. I’ve already checked the restaurant menu with Carla—Mediterranean focus, minimal sodium.”

Carla (Nutrition): Thu 9:05 AM SGT

“I highlighted three discreet choices: grilled sea bass with lentils, lamb skewers with roasted vegetables, or chickpea salad with olive oil. All align with triglyceride goals, and none scream ‘special diet’ at the table.”

Rachel (PT): Thu 9:07 AM SGT

“Add a 10–15 minute walk back to the hotel after dinner. It’ll blunt any post-meal glucose spike, especially with late-night client events.”

Sarah (PA): Thu 9:08 AM SGT

“I’ll map the walking route and block 20 minutes so it doesn’t clash with post-dinner calls.”

Rohan: Thu 9:10 AM SGT

“Perfect. If health feels invisible at client dinners, that’s a win. I want it integrated, not advertised.”

WEEK 25 – Efficiency & Humor

Ruby (Concierge): Mon 9:00 AM SGT

“Daily lever: replace coffee #3 with green tea—better for HRV, less cortisol.”

Rohan: Mon 9:05 AM SGT

“...don’t touch my first two coffees, though. That’s non-negotiable.”

Sarah (PA): Mon 9:06 AM SGT

“Already noted in your dashboard: ‘coffee 1 & 2 = sacred.’”

Neel (Concierge Lead): Mon 9:10 AM SGT

“Compromise accepted. Sometimes sustainability beats purity.”

Rohan: Mon 9:15 AM SGT

“Exactly. This is why I’m still here—it feels adaptable, not dogmatic.”

(Added Event – Wrong medicine & side effect)

Rohan: Wed 7:30 PM SGT

“Need a quick check—went to pick up some meds today, and the compounder gave me a different composition without mentioning. Took it, and now I’ve got red patches on my face. Should I be worried?”

Dr. Warren (Medical): Wed 7:40 PM SGT

“Stop taking that medication immediately, Rohan. Red patches can indicate an allergic or adverse reaction. Send me the exact name and dose of what was dispensed.”

Rohan: Wed 7:42 PM SGT

“Sent the label. Definitely not what was prescribed earlier.”

Dr. Warren (Medical): Wed 7:50 PM SGT

“Confirmed—it’s a different formulation. Apply a cold compress to reduce irritation. If patches spread or you develop breathing issues, go to the ER. I’ll also issue a corrected prescription and notify your pharmacy to flag this error.”

Ruby (Concierge): Wed 7:55 PM SGT

“I’ll personally call the pharmacy and ensure safeguards are added so this doesn’t happen again. Health safety first, always.”

Rohan: Wed 7:57 PM SGT

“Appreciated. Wasn’t expecting to deal with pharmacy mix-ups on top of everything else.”

WEEK 26 – Family-Centered Wins

Rohan: Tue 6:00 PM SGT

“My wife says the family dashboard has made her feel included instead of sidelined. That’s a huge win.”

Ruby (Concierge): Tue 6:05 PM SGT

“That’s the goal—health as a family project, not a solo grind.”

Sarah (PA): Tue 6:10 PM SGT

“And just to note—his daughter’s recital is Friday. I’ve buffered his schedule so he’s fully present.”

Rohan: Tue 6:15 PM SGT

“Thanks, Sarah. If health keeps me clear-headed enough to show up for my family, that’s the best ROI.”

Rachel (PT): Wed 7:00 AM SGT

“And showing up consistently is also why your VO₂ max is up another 4%. Family wins and physiology wins—it’s connected.”

WEEK 27 – Balanced Curiosity

Rohan: Thu 9:00 AM SGT

“This week’s questions:

1. Does sauna before sleep disrupt recovery?

2. Is there any merit to red yeast rice as a natural statin?"

Advik (Performance Scientist): Thu 9:30 AM SGT

"1. Sauna too late raises core body temp, delaying deep sleep. Keep it >3 hrs before bedtime.
2. Red yeast rice works because it contains lovastatin. But purity is unreliable. If needed, pharma-grade statin is safer."

Rohan: Thu 9:40 AM SGT

"Clear. So I'll sauna in the afternoon, and skip the red yeast experiment. Appreciate the precision."

Sarah (PA): Thu 9:45 AM SGT

"I'll adjust sauna bookings accordingly."

Neel (Concierge Lead): Mon 9:00 AM SGT

"Quarterly snapshot: ApoB stabilized at 89, triglycerides at 150, HRV baseline up 15%, VO₂ max steadily climbing. This is your best balance of work and health yet."

Rohan: Mon 9:15 AM SGT

"Honestly, I feel it too. Energy is steadier, fewer crashes. I'm not hitting that 3 p.m. wall anymore. And Sarah's coordination has made this feel less like a burden."

Sarah (PA): Mon 9:20 AM SGT

"He's still tough to wrangle, but the structure is sticking. It's become part of his rhythm instead of fighting it."

Ruby (Concierge): Mon 9:22 AM SGT

"I've noticed the tone shift. Early weeks felt like we were dragging you uphill. Now it's more like a jog—you're pushing your own pace."

Rohan: Mon 9:25 AM SGT

"True. I've gone from resisting to actually looking forward to some of this. The dashboard checks don't feel like a chore anymore—they're almost motivating. That's progress."

Carla (Nutrition): Mon 9:28 AM SGT

"And it reflects in food patterns too. You've gone from grabbing convenience meals under stress to making conscious swaps without me prompting every time. That autonomy is a big milestone."

Rachel (Physiotherapist): Mon 9:29 AM SGT

"Same on the movement side—your posture holds longer in long calls, less shoulder stiffness logged. That only comes when habits really embed."

Dr. Warren (Medical): Mon 9:30 AM SGT

"And the medical picture confirms it. Science plus consistency—that's what shifts long-term risk. Numbers are only half the story—the steadiness behind them is the bigger win."

Neel (Concierge Lead): Mon 9:33 AM SGT

"So the formula's working: small adjustments, applied relentlessly, wrapped into your calendar. Nothing flashy, but sustainable."

Rohan: Mon 9:35 AM SGT

"Then let's keep this cadence. Balanced, efficient, and human. No extremes, no guilt. Just something I can actually live with."

WEEK 29 – Stress Testing Boundaries

Neel (Concierge Lead): Mon 8:30 AM SGT

“Weekly digest: ApoB steady at 88, triglycerides at 152, HRV baseline up 18%. Compliance: 91%. You’re sustaining results even in peak sales season.”

Rohan: Mon 8:45 AM SGT

“That’s encouraging. But I’ll be honest—my patience is thin this week. Back-to-back client pitches, and I’m barely eating on schedule. Sarah’s been firefighting my calendar.”

Sarah (PA): Mon 8:50 AM SGT

“True. Yesterday I had to shift his Zone 2 walk three times. He still did it, but under protest.”

Rohan: Mon 8:52 AM SGT

“Yeah, tell them the truth—I was muttering through half that walk. Felt pointless when I had a \$10M pitch hanging over me.”

Advik (Performance Scientist): Mon 9:00 AM SGT

“Understandable. But data shows that even that disrupted Zone 2 session dropped triglycerides by 12 points the next morning. Stress + Zone 2 is actually a shield, not a distraction.”

Rohan: Mon 9:05 AM SGT

“...alright, that’s the kind of payoff that makes me stop complaining. Sarah, remind me of that stat when I start whining again.”

Sarah (PA): Mon 9:06 AM SGT

“Already logged as a recurring ‘motivation note.’”

Carla (Nutrition): Tue 7:00 PM SGT

“Quick flag: sodium spiked again last Friday. Sarah, could you pre-screen his next 3 client dinners? Japanese, Italian, and Indian are on the list.”

Sarah (PA): Tue 7:05 PM SGT

“On it. I’ll work with Carla to highlight two safe options per restaurant, so Rohan doesn’t have to think at the table.”

Rohan: Tue 7:10 PM SGT

“Good. Because honestly, the last thing I want mid-deal is to be Googling sodium content while entertaining clients.”

WEEK 30 – Questions of Medication & Strategy

Rohan: Wed 9:00 AM SGT

“Alright, big question this week: I’m at ApoB 88 without meds. Do we still see statins in my future, or can lifestyle hold this long term?”

Dr. Warren (Medical): Wed 9:20 AM SGT

“Excellent question. Current guidelines for ApoE4 carriers suggest intervention at ApoB >80, even if lifestyle is strong. But your genetic risk plus family history means we should prepare for that conversation. Not urgent, but on the horizon.”

Rohan: Wed 9:25 AM SGT

“Prepare? That’s vague. I want numbers—what’s the tipping point?”

Dr. Warren: Wed 9:30 AM SGT

“Fair. If ApoB rises >95 or triglycerides climb >180 for more than 8 weeks, we’d strongly recommend a statin. Otherwise, lifestyle continues to hold the line.”

Rohan: Wed 9:35 AM SGT

“Okay, that’s the kind of clarity I need. No surprises.”

Sarah (PA): Wed 9:40 AM SGT

“I’ll track these thresholds weekly and flag them before they cross. That way, Rohan isn’t caught off guard.”

Rohan: Wed 9:45 AM SGT

“Perfect. Sarah, you’re officially my watchdog on this.”

Rachel (PT): Thu 7:00 AM SGT

“Meanwhile, progress on the physical side: you’re tolerating barbell squats well. I’d like to trial loaded carries next week—transfers well to daily function and stress resilience.”

Rohan: Thu 7:10 AM SGT

“Sounds brutal but useful. I’ll give it a shot, but Sarah, clear some space after—it’s not fair to my team if I limp into a client pitch.”

Sarah (PA): Thu 7:12 AM SGT

“Done. Heavy carry days will avoid pitch days.”

WEEK 31 – Pregnancy Stress & Emotional Anchors

Rohan: Mon 9:00 AM SGT

“My wife’s second trimester fatigue is worse. I’m trying to support her, but honestly, I’m stretched thin. How do I balance without burning out?”

Ruby (Concierge): Mon 9:10 AM SGT

“This is where resilience rituals help. Instead of adding more, we’ll reframe existing moments:

1. Daily walk with her = counts as recovery for you.
2. Shared meal planning = reduces her nausea triggers and your sodium spikes.
3. Buffer one client-free night per week—Sarah can coordinate.”

Sarah (PA): Mon 9:12 AM SGT

“I’ll block Thursday evenings for family—no calls, no late dinners. That way, it’s protected time.”

Rohan: Mon 9:15 AM SGT

“...I needed that. Otherwise I’d just keep running until I crash.”

Carla (Nutrition): Mon 7:00 PM SGT

“Also, since she’s craving mangoes, here’s a trick: frozen mango blended with Greek yogurt. Gentle on her stomach, balances sugar spikes.”

Rohan: Mon 7:10 PM SGT

“She loved it. Honestly, these little interventions make me feel like you’re looking after both of us, not just my numbers.”

Rachel (PT): Tue 7:00 AM SGT

“And caring for her is also stress relief for you—which shows in your recovery scores. This week’s HRV jumped 14 points.”

Rohan: Tue 7:05 AM SGT

“Nice. Feels like when family’s steadier, I’m steadier too.”

WEEK 32 – Reflecting on Sustainability

Neel (Concierge Lead): Mon 8:30 AM SGT

“Quarterly review: ApoB 87, triglycerides 148, HRV baseline up 20%, VO₂ max climbing steadily. You’re trending better than expected.”

Rohan: Mon 8:45 AM SGT

“Good. But let’s be real—can I sustain this pace forever? I can’t be micromanaging sodium and recovery forever while running sales.”

Advik (Performance Scientist): Mon 9:00 AM SGT

“You won’t need to. The heavy lifting was the first 20 weeks. Now we’re in ‘maintenance mode’:

- Weekly digest (Sarah).
- One lever per day.
- Seasonal resets every quarter.
That’s 90% of the gains with 50% of the effort.”

Rohan: Mon 9:05 AM SGT

“That sounds sane. I was worried this was becoming a second job.”

Sarah (PA): Mon 9:10 AM SGT

“And I’ll continue filtering—he only sees high-value updates, not the background noise.”

Dr. Warren (Medical): Mon 9:20 AM SGT

“And remember—the decision point isn’t if this is forever, it’s how we adapt as your life changes. Sales cycles, family, aging—we’ll flex with you.”

Rohan: Mon 9:25 AM SGT

“...that’s actually reassuring. I don’t need perfection, I need sustainability.”

Ruby (Concierge): Mon 9:30 AM SGT

“Which is exactly what you’re building—a lifestyle, not a program.”

Rohan: Mon 9:35 AM SGT

“Alright, then I’ll stop treating this like a sprint. If we’re in for the marathon, let’s run it smart.”